

My health in my hands

Sign up with
Manage My
Health today

It's easy to take charge of your and your family's health anytime, anywhere

Manage My Health has made it simple and easy for you to take care of your and your family's health, so you can live well and enjoy more of life with your friends and family.

Trusted by over 1.5 million Kiwis and used by most health centres, you can access the portal online anytime, anywhere to connect with your clinic. Even if you don't see your doctor often, Manage My Health can help you stay on top of your health and wellbeing. You can use the helpful online tools to improve your health and track your progress online. It's quick and easy to register. You will be up and running in minutes.

Joining is easy

1. Visit managemyhealth.co.nz and click 'Join/Activate' or ask at your health centre
2. All you'll need is your date of birth and the email address you have registered with your health centre to create an account
3. You will receive an email from us with simple instructions to complete your registration online

Visit managemyhealth.co.nz or ask your practice reception to register you today

Visit managemyhealth.co.nz or
ask your practice reception to
join our patient portal today!

 **manage
my health**
managemyhealth.co.nz

Manage My Health puts you in control



Book appointments

Save time by easily booking appointments online with your healthcare provider



Lab test results

View your lab test results as soon as your doctor receives them, directly through your personal health platform



Access your health records

See all your recent medical conditions, immunisation records, allergies, and prescriptions at a glance



Manage your health goals

Access smart online tools to improve your health and track your progress online and see the latest medical research, newsletters and forums, so you're always in the know



Connect with your healthcare provider

Manage My Health helps you contact any of your regular health practitioners at the tap of a button by enabling you to send secure messages to your doctor or nurse



Share your info

Share your health information with your healthcare providers and important people in your life. With access to Medic Alert profile, in case of emergency medical assistance, your important info will be accessible to your emergency providers



Make payments online

Make payments for video and phone consultations, appointments, and repeat prescriptions in real time



Repeat prescriptions

Never miss your medication requirements again, order your repeat prescriptions directly through Manage My Health's online patient portal



Receive timely reminders

Stay on track with appointment reminders, health record notifications, and recalls



Video and phone consultations

Unable to get to your doctor's clinic? Our high-quality virtual consultation software seamlessly connects you with your healthcare professional from anywhere in the world



Free to access

Thanks to the Ministry of Health's Sponsored Data initiative, when you access the ManageMyHealth website or app via your or mobile phone, you won't be charged for any mobile data you use

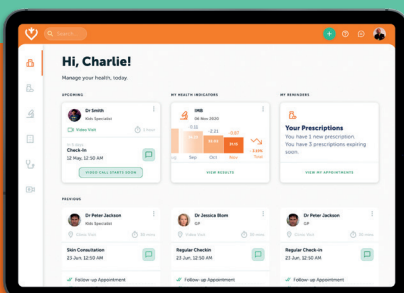


Safe and secure

The Manage My Health website is hosted in a secure online environment in New Zealand. Similar to internet banking, Manage My Health uses security technology to ensure your information is completely safe and secure. Of course, we rely on you to keep your password a secret and to take all reasonable measures to protect your information.

*Portal features may vary by practice

To sign up, visit



Visit managemyhealth.co.nz or ask your practice reception to join our patient portal today!

